

7-Day Home Refresh

One Small Reset Each Day



Day 1: Kitchen Reset

Clear counters, wipe surfaces, and clean the sink.

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Day 2: Bathroom Reset

Wipe the sink, mirror, and toilet, then replace towels.

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Day 3: Bedroom Reset

Make the bed, gather laundry, and clear flat surfaces.

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Day 4: Living Room Reset

Put items away, straighten pillows, and tidy tables.

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Day 5: Paper & Catch-All Reset

Sort one pile of paper and clear one drop zone.

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Day 6: Laundry & Floors Reset

Finish one load of laundry and sweep or vacuum key floors.

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Day 7: Whole-House Quick Reset

Do a quick tidy through the main rooms and take out the trash.

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